



## Stress and help-seeking for drought-stricken citrus growers in the Riverland of South Australia

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### Abstract:

**OBJECTIVE:** To explore the psychological impact of a problematic industrial climate for citrus growers, their help-seeking behaviour and perspectives on ways to encourage better use of rural mental health services. **DESIGN:** Thematic analysis of in-depth interviews. **SETTING:** The Riverland of South Australia. **PARTICIPANTS:** Sixteen citrus growers (12 male, 4 female) from eight Riverland towns. Main outcome measures: Citrus growers' perceived factors relating to psychological stress, coping behaviours, impact of stress on well-being, help-seeking behaviours, barriers to help-seeking and ways to encourage better use of rural mental health services. **RESULTS:** Work-related stresses grouped under broad themes, including 'Uncontrollable events', 'Financial hardship' and 'Pressure', had negative effects on participants' well-being. Furthermore, it was found that significant difficulties arise because many of the stresses which growers endure are not controllable, and that the alleviation of strain with the help of mental health professionals is uncommon because of barriers preventing help-seeking. Five broad themes of barriers to help-seeking were extracted from the data: 'Self-reliance', 'Social image', 'Lack of knowledge', 'Negative perceptions of health professionals' efficacy' and 'Restrictive lifestyle factors'. A specialised model of occupational health for citrus growers was proposed. **CONCLUSIONS:** These results highlight the practical need to address the identified issues in delivery and promotion of health services when facilitating help-seeking within this group. The findings also add to our knowledge of occupational health psychology broadly.

**Source:** <http://dx.doi.org/10.1111/j.1440-1584.2009.01059.x>

### Resource Description

#### Communication:

resource focus on research or methods on how to communicate or frame issues on climate change;  
surveys of attitudes, knowledge, beliefs about climate change

A focus of content

#### Communication Audience:

audience to whom the resource is directed

Public

#### Exposure :

weather or climate related pathway by which climate change affects health

# Climate Change and Human Health Literature Portal

Extreme Weather Event

**Extreme Weather Event:** Drought

**Geographic Feature:** 

resource focuses on specific type of geography

Rural

**Geographic Location:** 

resource focuses on specific location

Non-United States

**Non-United States:** Australasia

**Health Impact:** 

specification of health effect or disease related to climate change exposure

Mental Health/Stress

**Mental Health Effect/Stress:** Stress Disorder

**Mitigation/Adaptation:** 

mitigation or adaptation strategy is a focus of resource

Adaptation

**Population of Concern:** A focus of content

**Population of Concern:** 

populations at particular risk or vulnerability to climate change impacts

Low Socioeconomic Status, Workers

**Resource Type:** 

format or standard characteristic of resource

Research Article

**Resilience:** 

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

**Timescale:** 

time period studied

Time Scale Unspecified

**Vulnerability/Impact Assessment:** 

## Climate Change and Human Health Literature Portal

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content